IMPACT OF TRAUMA ON OUR KIDS

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STRESS & TRAUMA IMPACT US ALL
DEFINING TRAUMA

Individual trauma results from an event, series of events, or set of circumstances experienced by an individual as physically or emotionally harmful or life-threatening with lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being.
PRE AND PERINATAL TRAUMA

- In-utero substance abuse
- Maternal depression (unresolved grief/loss issues, prolonged or undetected PPD)
- Maternal trauma (conception by rape, domestic violence, immigration)
- Deprivation/maltreatment (Field et al., 2004)
SINGLE EPISODE TRAUMA

• Car accidents
• Serious falls and/or other life-threatening injuries
• Natural Disasters/Human-made disasters
• Surgery
• Rape, Sexual and Physical Assault (isolated)
COMPLEX / DEVELOPMENTAL TRAUMA

- On-going abuse
- On-going Neglect
- Caregiver with substance use and/or mental health needs
- Loss /Death of caregiver
- Bullying
- Incarceration of caregiver
- Divorce or separation of parents
- Domestic Violence
- Immigration
TYPES OF TRAUMA

• Intergenerational / Historical Trauma
  • Family of Origin/Ancestors
  • Shared community/group of people

• Insidious Trauma
  • Micro Aggressions

• Secondary/Vicarious Trauma
  • Witness to ongoing trauma towards others we are helping
  • Processing the trauma with a survivor
  • Working within a system that is “unsafe”
PREVALENCE OF TRAUMA IN CHILDREN AND ADOLESCENTS

• 68% of youth experience a potentially traumatic event by the age of 16. (Copeland, Keeler et al, 2007)

• 26% of children in the US will witness or experience a traumatic event before they turn four. (SAMHSA/AIR, 2012)

• 23% - 44% of US youth 12-17 have experienced two or more types of childhood adversity. (Kilpatrick DG, Saunders BE, 1997)
Survival Mode: Fight/Flight/Freeze

Frontal lobe (prefrontal cortex) goes offline
Limbic system / mid and lower brain functions take over

(Ford, 2009, Van der Kolk)
TRAUMA = EVENT, EXPERIENCE, & EFFECT

Event

- Actual or extreme threat of harm

Experience

- “Fight, flight or freeze”
- Helpless to escape

Overwhelms brain and body

Effect

- Dis-integration
- Dysregulation

Lasting adverse effects

(Herman, 1997; Van der Kolk, 2005; DSM-5; SAMHSA; Siegel, 2012; Bloom, 2013)
DYSREGULATION

• Dysregulation is difficulty controlling the influence of stress arousal on how we think, feel, behave and interact with others

• This can happen when we are “triggered” into Survival Brain
WHAT DO WE SEE IT

- Depression
- Anxiety
- School Refusal
- Behavioral Issues
- Acting Out - Violence
- RiskTaking
- Drug/Alcohol Use
- Self-Harming Behavior
- Suicidal Behavior
SURVIVING AND HEALING TRAUMA
THESE PEOPLE MADE IT THROUGH AND CHANGED THE WORLD
A CARING ADULT WHO LOVED THEM NO MATTER WHAT AND WHO BELIEVED IN THEM
WHEN YOU ARE IN THE MOMENT

• Notice the Behavior:
  • Aggravating behavior is “a cause for a pause”
• Pause and take a breath
• Ask yourself
  • “What has happened to you?”
  • “What is happening here?”
  • “What is the need behind this behavior?”
  • “How can I respond to this need?”
WAYS TO CONNECT

• Developing Empathy in our young kids
  • “What do they need from you to make them feel better?”
  • Model Empathy

• Encouraging Help-Seeking

• Practice Mindfulness/Gratitude

• Encourage “Sharing Information Behavior”

• Family Dinners or Family/One to One Drive Time

• Screen Free Activities/Nights
BUILDING RESILIENCE/ASKING FOR HELP

• STAR VISTA
  • CRISIS INTERVENTION AND SUICIDE PREVENTION CENTER
    • CRISIS HOTLINE – **650-579-0350**

• BHRS ACCESS CALL CENTER
  • 1-800-686-0101

• DALY CITY YOUTH HEALTH CENTER
  • 650-877-5700

• MILLS INTENSIVE OUTPATIENT
  • Middle school and High School (14-17 years old)
  • Multiple Times a week
  • 650-696-4666